

Yellow Daal

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-yellow-daal-recipe>

Ingredients:

- 1/2 cup yellow lentil moongi dhote
- 1/2 cup masar orange lentil, dhote
- 3 small onions or shallots 1-2 inch diameter, finely chopped
- 3 small tomato 1-2 inch diameter, finely chopped
- 5 garlic cloves peeled and finely chopped
- 1 inch ginger peeled and finely chopped
- 4 green chillies finely chopped
- 1 handful coriander leaves fresh, chopped
- 1 teaspoon turmeric powder
- 3 teaspoons cumin seeds
- 1 tablespoon Garam Masala
- 1 teaspoon coriander powder
- 3 tablespoons mustard oil smoked
- salt to taste

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 25 grams
3. Fat: 1 grams
4. Fiber: 10 grams
5. Protein: 9 grams
6. Sodium: 210 milligrams
7. Sugar: 5 grams

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